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18<sup>th</sup> MEDCOM Preventive Services Directorate Building 5447, South Post DSN: 736-3025

## **DNBI Update**

# Cold Weather and Injuries: What You Need to Know

Now that cooler weather is on the horizon, 18th MEDCOM is spearheading efforts to establish a cold weather injury (CWI) prevention program. Efforts are underway to educate commanders, soldiers and providers about these potentially life-threatening conditions that impact our readiness. Unit surgeons, preventive medicine sections, and all medical personnel serving in an advisory capacity to military units must take a proactive role in assuring that our leaders understand and support efforts to prevent cold weather injuries. Finally, provider reporting of CWIs is crucial for the assessment of prevention programs. A copy of the Reportable Events Worksheet is included at the end of this publication.

#### So What's the Big Deal?

Cold weather injuries have had tremendous impact on military campaigns and operations. Over 8,000 occurred in troops during the first year of the Korean War; proper protective measures decreased the numbers eightfold the next year. Of the over 550 active duty soldiers who suffered CWIs during the 2001-2002 winter season, 15 were troops assigned to Korea. No location is immune; two CWIs occurred in troops treated at Tripler Army Medical Center in Hawaii.

Cold weather injuries occur in a spectrum from non-freezing to freezing injuries and then to general hypothermia. Detailed information on the diagnosis and treatment of CWIs will be posted on the 18<sup>th</sup> MEDCOM

web page.



All patients suspected of having sustained a CWI should be reevaluated 48-72 hours after the injury. When possible, this should

be done by preventive medicine staff in order to ensure proper profiling and injury evaluation.

## **UPDATE:** Apollo 11 Conjunctivitis

In late August the Korean peninsula was hit by a particularly virulent form of conjunctivitis that affected over 500,000 civilian school children and forced the closure of several schools.

Nicknamed the "Apollo 11" virus due to its first arising during the lunar landing, this illness has thus far had a limited effect on USFK service members and family members. To date, approximately 110 18<sup>th</sup> MEDCOM patient visits have been for conjunctivitis. The quick response by providers to isolate and treat these cases, in addition to promoting prevention measures, contributed greatly to these low numbers.

Currently the outbreak appears to be slowing. However, with the arrival of cold and flu season, other types of

Continued on page 4

Communication page

## Korean Hemorrhagic Fever

#### What is Korean Hemorrhagic Fever?

Korean Hemorrhagic Fever is a viral illness spread through the aerosolization of the urine and saliva of infected rats and mice. Humans can contract the disease if they inhale dust contaminated with infected rodent urine. Most USFK personnel who get this disease get it while training in the field.

Consequently, Preventive Medicine assets conduct rodent surveillance in these training areas to determine the infection rates of the rodents.

Typically, infection rates range from <10% to >60%. The highest rates usually occur in the fall and winter seasons. Over the past two years, one case was reported for Dagmar North, LTA130 and FP 131 each. Of the sites surveyed, these typically have the

highest infection rates.

The disease is not spread from person to person. But because it is caused by a virus, there are no specific medications to treat the disease—just supportive therapy. Ribavirin is an 'experimental use' drug that is offered to soldiers that develop KHF. However, it appears to have little benefit if not given within 6-8 days after initial symptoms develop.

There's good news and bad news about this disease. The bad news is that 1 in 10 USFK persons who get this disease die. The good news is that since 1986, on average, only 3 USFK persons a year get the disease. This is due to the limited use of those training sites during the peak transmission season.

#### What are the symptoms of KHF?

There are five phases to the disease; fever (3-7 days), low blood pressure (1-3 days), loss of urine output (3-7 days), excessive urine output (which signals Continued on page 4

## For Commanders: How to Prevent KHF During Field Training

- Rodent proof food, waste, and rubbish
- No food storage outside of mess facility
- Clear brush around bivouac site to include 20 meter outside perimeter
- Raised platforms for semi-permanent tents (18")
- Remove wastes >1 km from site
- Personal hygiene (hand washing)
- Prompt cleaning of soiled clothing
- Wet-down roadways and helicopter landing sites when possible
- Prohibit use of vegetation for camouflage
- Do not use bivouac sites where previous cases occurred

#### **OCT-DEC 2002**

#### 3 October 1400-1500, 121 Classroom Weight Management Program

Need support to shed a few pounds—or more? 8-session program held Thursdays. For more information call 736-3029

3, 7, 10, 17 October 5, 7, 13, 20 November 5, 9, 12, 18 December\* Time, Location *AREA II Tobacco Cessation* 

Four-week program starts the first Thursday of every month (\*except December due to holidays). To register, call 736-3029.

#### 26 October 8:30AM, Collier Field House Physical Therapy 5K Fun Run

Support your local Physical Therapist! No fee. Vest required.

28 October- 1 November 25-29 November 16-20 December 702<sup>nd</sup> MSB, Cp Casey Field Sanitation Team Training

Reserve slots for your unit now!!. For more information contact SSG Rivera at DSN 730-2078.

## 2-6 December 5<sup>th</sup> PM Detachment, Yongsan *Field Sanitation Team Training*

Reserve slots for your unit now!!. For more information call DSN 725-4929.

## 21 November Great American Smokeout

Quitting is good for you!! For more information call 736-3029.

### 14 November or 12 December Food Handlers Course

Learn proper food handling techniques. To register, contact SSG Rivera at DSN 730-2078.

### Summary: Malaria

Malaria is a very high-profile illness here in Korea. The species present here is *Plasmodium vivax*, which causes a non-lethal and treatable disease which had been eradicated by the 1970's but returned in the mid-1990's. The parasite is not yet chloroquine-resistant, and with persistent emphasis on non-medicinal forms of prevention, it will remain so until it is again eradicated.

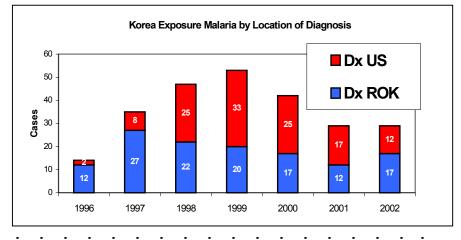
Malaria affects 8<sup>th</sup> US Army soldiers in a pattern very similar to Korean civilian and military populations but at a much smaller magnitude. While the total of malaria cases has remained constant from 2001 to SEP 2002, the number of 8<sup>th</sup> US Army soldiers diagnosed with malaria while in Korea increased this year over last year, and even more cases may occur.

contrast, during 2001, 8 (75%) of the cases diagnosed in Korea were felt to have been due to exposures that season. This suggests that fewer soldiers are being infected with the vivax malaria than in the previous year.

The current risks for developing malaria include assignment to or training in areas north of the Imjin River. Troops in these locations not practicing adequate personal protective measures are at the highest

risk for developing the disease. Such measures include wearing permethrin-treated BDUs with the sleeves long and pants tucked into boots, along with DEET application to exposed skin, avoiding the eyes and mouth. Soldiers must reapply the DEET throughout the evening according to package directions. Permethrin-treated bednets should also be used whenever possible to reduce exposure to biting insects while sleeping. Tents should be kept closed or screened. Aerosol

Continued on page 4



### Questions and Answers About Malaria

Q: If malaria here isn't so bad for you, why was my soldier kept in the hospital?

A: Persons ill with malaria are admitted overnight to prevent more mosquitoes from being infected with malaria. In addition, patients can be interviewed to find out how they may have contracted the disease. We also provide additional teaching, so they know what they and their unit can do to keep from getting it again.

Q: What's the best way to keep from getting malaria? We go to the field next month!

A: Preventing insect bites is the best way to keep from getting malaria.

1) Be sure you have 2 sets of permethrin-treated BDUs. 2) Use DEET on exposed skin to repel biting insects. The military formula is best, because it lasts longer. 3) Always wear your sleeves down and your pants tucked into your boots—not bloused. If you notice mosquitoes, DON'T change into shorts & T-shirt while resting. 4) Sleep under permethrin-treated bednets during mosquito season.

Q: I would like to find out if I've been infected. I feel well, but I PCS next month, and I don't want to bring this to my family.

A: The only test we have for malaria can only detect the disease in people who are ill with malaria. You can't give it to your family. The best thing to do is to seek medical care as soon

as possible if you develop a fever. Be sure to tell your provider that you spent time in a country that has malaria.

Q: How do I know if I have malaria?

A: People with malaria typically feel very sick. They have high fevers, headache, sometimes stomach upset or diarrhea and often muscle aches. They feel well, but slightly tired, when the fevers subside. In 1-2 days, the fever recurs. This will continue until the person is treated.

Q: Aren't DEET and permethrin bad for you?

A: No. When used properly they are very safe—much safer than getting bitten by insects!!

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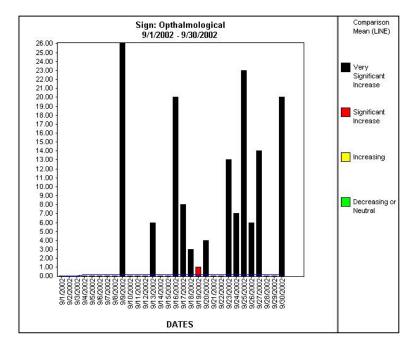
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Health Promotion Educator

Views and opinions expressed are not necessarily those of the 18<sup>th</sup> MEDCOM or the Department of the Army.

### **UPDATE: Apollo 11 Conjunctivitis**

Continued from page 1



conjunctivitis will increase.
The Korean Theater Health
Surveillance System, an
automated surveillance program
that utilizes KG-ADS data to
compile disease non-battle injury
trends, is still demonstrating
persistent increases in

ophthalmological patients visits by active duty troops. However, it is important to remember that this reflects ALL eye-related patient visits, and not merely conjunctivitis.

#### **Malaria Summary**

Continued from page 3

insecticides can be applied to kill mosquitoes. Lastly, these measures must be practiced during rest periods, not just work periods, in order to be effective.

For more information on permethrin, permethrin treatment of BDUs or other questions about how you can prevent malaria, call DSN 736-3025.

DEET: NSN 6840-01-284-3982 Permethrin: NSN 6840-01-345-0237

#### **KHF**

Continued from page 2

recovery), and convalescence (weeks to months).

Unfortunately this disease is often misdiagnosed in the early stages, as symptoms are very non-specific. Delayed diagnosis can limit the potential efficacy of ribavirin. Therefore, it is important for providers to be aware of this illness, and to consider it in the differential

diagnosis of febrile patients with recent field exposure. Serologic testing is available through the 121 Pathology Department.

Additional information on Korean Hemorrhagic Fever can be found at: <a href="https://www.seoul.amedd.army.mil">https://www.seoul.amedd.army.mil</a>. Click on Preventive Services (under 18<sup>th</sup> MEDCOM) in the left-hand column.

COLD INJURY REPORT (See reverse side for Privacy Act Statement)		DATE
NAME OF PATIENT GRADE (If Military) SSN	AGE	SEX RACE
ORGANIZATION AND STATION TO THE TOTAL PROPERTY OF THE MILITARY CIVILIAN	N EMPLOYE	CIVILIAN NON-EMPLOYEE
DEPENDENT (Include I	Vame of Spor	sor)
BIRTHPLACE TIME IN MORE THAN □LESS THAN 6 MONTHS □ 6 MONTHS	COLD W	EATHER TRAINING  NO
MEDICAL HISTORY  ///////////////////////////////////	I soov s	
HYPERTENSION OTHER VASCULAR DISEASES NO	COLD IN	ART INVOLVED IN PRIOR URY
CONNECTIVE TISSUE DISEASE ANEMIA  CORONARY ARTERY DISEASE PRIOR COLD INJURY	_	
DRUGS		
///////////////////// YES NO ///////////////////////////////////	OTHER	DRUGS (Specify)
INTOXICATED 3.7 MORE THAN 1 PACK PER DAY	1	
SEDATIVE—NARCOTICS LESS THAN 1 PACK PER DAY	]	
CONSCIOUS		
DATE OF INJURY TIME FIRST NOTED TEMPERATURE AT TIME OF INJURY WIND SPE	ED	DURATION OF EXPOSURE
PLACE OF OCCURRENCE ACTIVITY DURING EXPOSURE		
☐ VIGOROUS ☐ MODERATE ☐ SEDENTA	RY ON	DUTY OFF DUTY
Since Season Trok of Mason?		
RIGHT LEFT  RIGHT LEFT  CLOTHING	UT IMPROPE	
REMARKS  . CLOTHING OF INJURED PART		RLY WORN   INADEQUATE
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CLOTHING OF INJURED PART  ADEQUATE INADEQUATE WET (List Agent Causing Wetness)  NOT COVERED DEFECTIVE DBY  ACCOMPANYING INJURY  TYPE LOCATION  BRIEF DESCRIPTION  TREATMENT  THAWING TIME  METHOD  RAPID REWARM (100–104° Immersion)  SPONTANEOUS THAW	VING	RLY WORN   INADEQUATE
CLOTHING OF INJURED PART  ADEQUATE INADEQUATE WET (List Agent Causing Wetness)  NOT COVERED DEFECTIVE DBY  ACCOMPANYING INJURY  TYPE LOCATION  BRIEF DESCRIPTION  TREATMENT  THAWING TIME  METHOD RAPID REWARM (100-104° Immersion) SPONTANEOUS THAW  OTHER EXTERNAL HEAT (List Type and Temperature)		MEDICAL FACILITY
CLOTHING OF INJURED PART  ADEQUATE   INADEQUATE   WET (List Agent Causing Wetness)  NOT COVERED   DEFECTIVE   DBY  ACCOMPANYING INJURY  TYPE   LOCATION  BRIEF DESCRIPTION  TREATMENT  THAWING TIME  METHOD   SPONTANEOUS THAW  OTHER EXTERNAL HEAT (List Type and Temperature)  MEDICAL FACILITY   HOSPITAL   DISPENSARY   AID STATION   HOME   FIELD		MEDICAL FACILITY
CLOTHING OF INJURED PART  ADEQUATE   INADEQUATE   WET (List Agent Causing Wetness) NOT COVERED   DEFECTIVE   DBY  ACCOMPANYING INJURY  TYPE   LOCATION  BRIEF DESCRIPTION  TREATMENT  THAWING TIME  METHOD   SPONTANEOUS THAW OTHER EXTERNAL HEAT (List Type and Temperature)  MEDICAL FACILITY   HOSPITAL   DISPENSARY   AID STATION   HOME   FIELD  TIME OF ARRIVAL AT MEDICAL FACILITY   DISPOSITION	NAME OF	MEDICAL FACILITY
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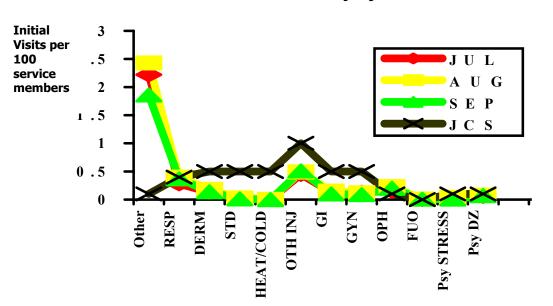
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## **DISEASE TRENDS**

18th MEDCOM Reportable Events Program

#### Disease Non-Battle Injury Rates JUL-SEP 2002



This chart compares **Disease Non-battle** Injury rates among 18th MEDCOM active duty beneficiaries to the Joint Chiefs of Staff (JCS) recommended rates. 18<sup>th</sup> MEDCOM rates compare well with JCS recommendations. **'Other** Medical/Surgical' rates are significantly higher; this likely reflects armistice health care maintenance that would not occur during hostilities.

## Selected Reportable Events Incidence Summary JUL-SEP 2002

Reportable Condition	Area I	Area II	Area III	Area IV	Totals
Trichomonas	NR	2	NR	NR	2
Chlamydia	42	42	17	17	118
Herpes simplex	5	4	1	NR	10
Gonorrhea	10	7	10	8	35
Syphillis	0	0	0	0	0
HIV	0	0	0	0	0
STD Totals	57	55	28	25	165
Tuberculosis (active disease)	0	0	0	0	0
Tuberculosis (recent converter)	44	61	23	3	131
Heat Injury	0	0	0	1	1
Cold Injury	0	0	0	0	0

## Reported Events Summary, USFK: SEP 2002

	Conditions	Sep 2002	Cum 2002	Cum 2001
STD	Chlamydia	35	383	45
	Gonorrhea	18	126	26
	Herpes Type II	4	22	2
	HIV/AIDS	0	4	
	Trichomonas	0	13	
	Syphilis	0	1	1
Infectious Diseases	Campylobacter	0	2	
	Cholera	0	0	
	E.Coli 0157:H7	0	0	
	Encephalitis	0	0	
	Giardiasis	0	0	
	Hepatitis A	1	1	
	Hepatitis B	0	3	
	Hepatitis C	0	0	
	Influenza	0	0	
	Measles	0	0	
	Meningoccal Meningitis	0	0	1
	Pneumococcal Pneumonia	0	0	
	TB, Active	0	5	2
	PPD Conversion	50	250	19
	Salmonellosis	0	7	3
	Shigellosis	0	0	
	Typhoid Fever	0	0	
	Varicella, adult	0	1	2
Vector-borne Diseases	Dengue Fever	0	0	
	Ehrlichiosis	0	0	
	HFRS	0	0	
	Japanese Encephalitis	0	0	
	Leptospirosis	0	0	
	Malaria+	5 ROK; 2 US	18* ROK; 20 US	12 ROK; 17 US
	Rabies	0	0	
	Scrub Typhus	0	0	
Injuries	Animal Bites	2	12	17
	Cold Injury	0	3	
	Heat Injury	1	5	5
	CO Poisoning	0	0	
	Lead poisoning	0	0	
	Hearing Loss	0	0	
Immunization	VAERS	0	0	
	Influenza	0	0	

### 18th MEDCOM IHO REPORTABLE EVENTS WORKSHEET

PATIENT DATA	
Last Name	First Name  Date of Birth  Day Month Year  Gender: O MALE O FEMALE  Race: O WHITE O ASIAN
Category* Grade Unit Unit Location - (e.g. CP Casey)	O BLACK O AM. INDIAN O HISPANIC O OTHER  UIC  Ity Phone
REPORTING SOURCE	
Submitting Health Care Provider:	Comments/Additional Information:
CHN/Clinic:	
1. Refer to the list on the back of this form to determine if a patient's 2. Complete one worksheet per disease (vs. per patient in cases of mu 3. Indicate if the disease/condition is suspected or confirmed and what etc.). Community Health Nursing personnel will help track the results 4. Diseases/conditions followed by an asterisk (*) also require immed Community Health Nurse to initiate disease control measures (Area I Area IV 764-4819). After duty hours, contact the Community Health Hospital Emergency Department. 5. Forward completed worksheets to Commander, 18th MEDCOM, Atto 736-3028.	altiple diagnoses) while the patient is still present. at testing has been done (i.e., culture, serology, s. diate telephone reporting to your Area 730-6796, Area II 725-5128, Area III 753-8355, Nursing Consultant through the 121st General
HEAT OR COLD INJURIES ONLY	
Ambient temperature OC/0F Body Part or Organ System Affects	
Wind Speed MPH	Medication supplement ○Yes * use in 240 before evernt? ○No
Rectal temperature P3 Profile initiated for heat Exhaustion	OVes (If yes list under "comments") OUnknown
MALARIA CASES ONLY	
O NO Country #2 —	
Malaria Chemoprophylaxis: O YES Prophylaxis #1	

#### 18th MEDCOM IHO REPORTABLE EVENTS WORKSHEET

#### **DISEASE DATA**

<b>Diagnosis</b> (See Rev	verse for Malaria & Heat/C	Cold Injuries)			nset of Sympto	oms
				Day	Month	Year
Confirmed:	Method of Confi	rmation:	Admitted:	Date	of Admission	
O YES	O CLINICAL	O BIOPSY	O YES			
O NO	O CULTURE	O SEROLOGY	O NO	Day	Month	Year
O PENDING	O SLIDE	O OTHER		,		

#### REPORTABLE CONDITIONS LISTS

#### TRI-SERVICE

Amebiasis Lead poisoning Anthrax Legionellosis Biological warfare agent Leishmaniasis, cutaneous\* exposure Leishmaniasis, mucocutaneous\* Botulism Leishmaniasis, unspecified\* Brucellosis Leishmaniasis, visceral\* Campylobacter Leprosy Carbon monoxide poisoning Leptospirosis Chemical agent exposure Listeria Chlamydia Lyme disease

Chlamydia Lyme disease
Cholera\* Malaria, falciparum
Coccidiomycosis Malaria, malariae
Cold injury, frostbite Malaria, ovale
Cold injury, hypothermia Malaria, unspecified
Cold injury, immersion type
Cold weather injury, Measles\*
unspecified Meningococcal dis., Meningitis

Cryptosporidiosis\* Meningicoccal dis., Septicemia
Cyclospora Mumps\*
Dengue fever\* Pertussis\*
Diphtheria\* Plague\*

E. coli O154:H7\* Pneumococcal pneumonia

Ehrlichiosis Poliomyelitis\*

Encephalitis\* Q fever

Filariasis Rabies, human

Giardiasis Relapsing fever

Gonorrhea Rheumatic fever, Acute

Haemophilus influenza, Rift Valley fever

invasive Rocky Mountain Spotted fever

Hantavirus infection Rubella\*
Heat exhaustion Salmonellosis
Heat stroke Schistosomiasis\*
Hemorrhagic fever Shigellosis\*
Hepatitis A, Acute Smallpox

Hepatitis B, Acute\* Hepatitis C, Acute

Influenza

Syphilis, congenital Syphilis, latent Syphilis, late (tertiary) Syphilis, primary/secondary

Syphilis, unspecified Tetanus\*

Trichinosis

Toxic shock syndrome

Trypanosomiasis Tuberculosis, pulmonary Tularemia Typhoid fever Typhus fever Urethritis, non-gonococcal

Vaccine, adverse event Varicella, active duty only

Yellow Fever

#### **KOREA-SPECIFIC**

Asbestosis Chancroid

Contagious disease in day care

Granuloma inguinale

HIV/AIDS

Lymphogranuloma venereum

Melioidosis

Pelvic inflammatory disease

Rash outbreak Rhabdomyolysis Trichomoniasis URI outbreak

## KOREA Ministry of Health and Welfare Required

African sleeping sickness\* Newly emerging syndromes\*
Angiostrongyliasis Acute neurological disorders
Babesiosis\* Acute respiratory symptom
Chagas diasese Acute diarrhea

Dengue fever
Ebola fever\*
Echinococcosis
Constheatomics
Acute hemorrhagic fever
Acute jaundice
Paratyphoid fever\*
Paratyphoid fever\*

Gnathostomiasis Pinta\* Lassa fever\* Scarlet fever

Marburg fever\* Vancomycin Resistant Staphlococcus

Aureus

Vibrio vulnificus infection

Yaws\*

#### **CATEGORY CODES**

A11	Army active duty	F41	DEP Air Force active duty	N11	Navy active duty	
A31	Army retired	F43	DEP Air Force retired	N31	Navy retired	
A41	DEP Army active duty	M11	Marine active duty	N41	DEP Navy active duty	
A43	DEP Army retired	M31	Marine retired	N43	DEP Navy retired	
F11	Air Force active duty	M41	DEP Marine active duty	K59	Civilian/DEP Civilian	
F31	Air Force retired	M43	DEP Marine retired	K79	Local National	

#### PRIVACY ACT INFORMATION

Authority: Section 133, Title 10, United States Code (10 USC 133)

Streptococcus, Grp. A, invasive

**Purpose:** The purpose of this form is to compile relevant patient information concerning communicable diseases and injuries occurring among Department of Defense personnel and family members stationed or operating in Korea.

Routine Uses: Used to monitor for the emergence of specific communicable diseases or outbreaks which pose a public health threat and to prepare data for inclusion in the U.S. Army Medical Surveillance System.

**Disclosure:** The requested information is mandatory for compliance with U.S., Host Nation and Army disease reporting laws and regulations. Failure to provide the requested information will prevent effective public health action and contribute to higher disease and injury rates.